

Our Mealtime Values

We respect Ellyn Satter's *Division of Responsibility** *between adults and children* at mealtime. Simply put,

- Adults decide the **what, when, and where** of feeding
- Children decide **whether** they will choose to eat the foods offered and **how much** to eat

**What
When
Where**



**Whether
How Much**

During mealtimes adults and children eat together and share the same meal. We encourage pleasant discussions about food, nutrition, and other topics. The adults seated at each table model the mealtime philosophy and appropriate mealtime behavior.

Children serve themselves and pour their own drink. They are invited to put at least a small portion of every food onto their plates. They are encouraged, but never forced, to taste everything. Children learn how to pass serving dishes and share in family style meals together.

Children are allowed to eat at their own pace. After the meal, children put away their dishes, utensils and paper products.

Adults are the most important role models for children at mealtimes.
Please remember that children will do as they see.

* Ellyn Satter Associates, www.ellynsatter.com

This information was adapted from material by Ellyn Satter and Dayle Hayes.

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